

Mon

Tue

Wed

Thurs

Fri

JUST A REMINDER

Your veteran's Agent John O'Connor is here every Friday from 9 am
12 pm
John can be reached @ 467-7108
South Hadley Office hours, 9 am –12 pm Mon—Thurs phone is (413)
538-5015
Easthampton Office hours, 12:30 pm—5 pm Mon—Thurs phone is
(413) 529-1415
New changes in regulations have expanded eligibility for assistance.
Make an
appointment to see if you are eligible.

1 Pork Roast

9:30 Tai Chi

11:30 Berkshire Hill
Music Academy
performance

1:00 Fun Cards

2 Salisbury Steak

8:30 Aerobics
10:00 Osteo Exercise

12:30 - 1:30 Rep: Eric Lesser
Office hours

1:00 AIC Students
Polypharmacy presentation

3 Pollock Fish Filet

9:00 Cribbage

9a-12p Veteran's Agent

6 Mac & cheese with
Ground Beef

10:00 Osteo Exercise

7 Veal Marsela

12:30 Quilting/ Needle
Work

8 Baked Ham

8:00 Mohegan Sun Trip

9:30 Tai Chi

1:00 Fun Cards

9 Lunch Provided by
Armbrook Village

8:30 Aerobics
9:00 Foot Care by Appt.
10:00 Osteo Exercise
11:30 Blood Pressure
Clinic
12:00 Armbrook Village
Presentation & Lunch

10 Chicken breast

9:00 Cribbage

9:00 Stamp Collectors
Group

9a-12p Veteran's Agent

13 Ziti / Meatballs

10:00 Osteo Exercise

1:00 Painting

14 Cheese Omelet

Birthday Celebration

1:00 Laurie Festa
performance

(No Quilting / Needle Work)

15 Shepherds Pie

9:15-C.O.A Board
Meeting

9:30 Tai Chi
11:30 Tricia Woods
GCAM (Show & Tell)

1:00 Fun Cards

16 Roast Turkey

8:30 Aerobics

10:00 Osteo Exercise

11:15 Dining out w/ Kim

17 Kielbasa / Lazy Periogi

9:00 Cribbage

9a-12p Veteran's Agent

20 Patriots Day
Center Closed
No meal served



21 Breaded Pork Patty

Brown Bag pick up
after 11:00 a.m.

12:30 Quilting/ Needle
Work

12:45 Chris Casale
Financial Adviser

22 Roasted Chicken

9:30 Tai Chi

1:00 Fun Cards

23 Soup & Salad

8:30 Aerobics

9:00 Foot Care by Appt.

10:00 Osteo Exercise

11:30 Blood Pressure
Clinic

24 Pot Roast

9:00 Cribbage

9a-12p Veteran's Agent

9:00 Stamp Collectors
Group

1:00 Movie
"The Longest Week"

27 Sweet & Sour Pork

10:00 Osteo Exercise

1:00 Painting

28 BBQ Ribs

12:30 Quilting/ Needle
Work

29 Chicken Filet

9:30 Tai Chi

11:30 RN Sharon
Aston Presents: Shape
Up! (understanding the
importance of physical
fitness)

1:00 Fun Cards

30 Hamburgers

8:30 Aerobics

9:00 Newsletter Assembly

10:00 Osteo Exercise





April Special Events



Van Trip with Kim

On April 16 , 2015 we are headed to Glendale Grill in Easthampton . Lunch is on your own, van ride is \$5. There are only eight seats so make your reservation early by calling 467-3239. We will leave the Center at 11:15 am. Meet at the C.O.A or we can pick you up at home. When making your reservation let us know if you need to be picked up.

****We will not go unless the van is full.****

April Events

1st @ 11:30 Berkshire Hill Music Academy
2nd @ 12:30 –1:30 pm Rep. from Senator Eric Lesser's office
2nd @ 1:00 AIC students present: Polypharmacy (when you have four or more prescriptions)
8th @8:00 Friends of Granby's Elderly Mohegan Sun trip
9th @ 9 am Foot care by appt. and @ 11:30 blood pressure clinic
9th @ 12 Armbrook Village presentation and lunch
14th @ 12:45 Laurie Festa entertainer
21st @ 12:45 Chris Casale Financial Advisor
23rd @ 9 am Foot care by appt.
@ 11:30 blood pressure clinic
30th @ 9 am Newsletter Assembly

April's Movie : "The Longest Week " playing *April 24th* starting at 1:00 pm.

Starring: Olivia Wilde and Jason Bateman.

Watch your movie in our soft and comfortable arm chairs.

All are Welcome!!

Movie & Popcorn is always Free



We've had a request to start up a dominos group.

Anyone interested in joining please call the Senior Center @ 467-3239 or email Kim at kmyers@granby-ma.gov.

We can start a discussion about the best day and time for everyone



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We are also looking for more Cribbage players. Anyone interested please give us a call 467-3239  
Cribbage meets on Friday mornings @ 9:30 am



April 15th @ 11:30 am Tricia Woods from the Granby Community Access Channel will be here to talk about their equipment, how it works and present us a special show.

The 1st Thursday of the every month

A Representative from Senator Eric Lesser's Office will be here.

Office hours will be 12:30pm to 1:30pm